



# CLEAN AND DISINFECT FOR COVID-19

**Cleaning and disinfecting high touch surfaces, including doorknobs, handles, countertops, elevator buttons, can help prevent the spread of COVID-19.**

**When cleaning...**

- Wear gloves.
- Always follow instructions on the label.
- NEVER mix cleaning chemicals with one another. This may create hazardous gases.
- Prevent chemical contact with food during cleaning.



**To clean soft porous materials, such as towels, clothing, bedding, soft fabric toys (i.e., stuffed animals):**

1. If the item can be machine washed, machine wash loose in the washer or in a mesh bag.
2. Wash using hot water and detergent containing color-safe bleach.
3. Dry on high heat.
4. A professional cleaner may be able to help with items that cannot be machine washed.

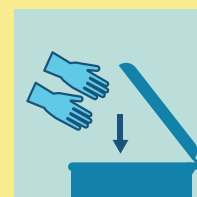


**Items too large to be machine washed (carpeting, furniture, etc.) can be steam cleaned or otherwise professionally cleaned.**



**Cleaning hard non-porous surfaces is a 4-step process. Hard non-porous surfaces include: stainless steel, floors, kitchen surfaces, countertops, tables, chairs, sinks, toilets, railings, light switch plates, doorknobs, metal/plastic toys, computer keyboards, remote controls, recreation equipment.**

1. Clean with a general surface cleaner or soap and water to remove all visible dirt and wipe clean with a cloth or paper towel.
2. Apply an EPA-approved disinfectant. To effectively kill the virus make sure the surface stays wet with the disinfectant for at least 10 minutes before wiping with a clean towel.
3. Rinse with water and allow surface to air dry. Rinsing with water is especially important if the surface is in a food preparation area.
4. Remove gloves and place in the trash. Wash your hands after removing your gloves.



**The best way to prevent illness is to avoid being exposed to this virus. Continue to practice social (physical) distancing, wear a face covering to protect others, and wash your hands often. For more information, visit [www.bphc.org](http://www.bphc.org).**